

College Park THURSTON

TRAVEL PACK

To
claim your
£60 travel
voucher, turn
to page
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THE WAY TO GO
Suffolk

INTRODUCTION

The Way To Go Suffolk travel pack includes, useful websites, vouchers and local information on sustainable travel in and around Stowmarket. This comprises of information and guidance on walking, cycling, taking the bus, train, and car sharing.

The Way To Go Suffolk is a Suffolk County Council initiative to encourage active travel in the County. Transport can sometimes be an issue, whether its cost or an increase in congestion making it difficult for you to get from A to B. We can help overcome the barriers with travel planning advice and guidance. Our website provides details on the travel options and highlights the associated financial and health benefits.



Persimmon

Together, we make a home.

OFFICIAL PARTNER

The Way To Go Suffolk

🔗 www.thewaytogosuffolk.org.uk

🐦 @TWTGSuffolk

✉ thewaytogosuffolk@suffolk.gov.uk

Travel Planning in Suffolk

🔗 www.thewaytogosuffolk.org.uk

✉ travelplans@suffolk.gov.uk

Suffolk Highways

🔗 www.suffolk.gov.uk/roads-and-transport

🐦 @Suff_Highways

Thurston Parish Council

🔗 www.thurstonparishcouncil.uk/parish-council/

WALKING AND CYCLING

SITE – APPROXIMATE TIMES

Local Retail and Other Facilities

Post office – walk: 14 minutes cycle: 4 minutes

Pharmacy – walk: 13 minutes cycle: 3 minutes

Community centre – walk: 12 minutes cycle: 3 minutes

Education

Thurston Primary School – walk: 20 minutes cycle: 6 minutes

Thurston Community College – walk: 8 minutes cycle: 2 minutes

Bright Sparks Thurston Nursery – walk: 15 minutes cycle: 4 minutes

Leisure and Recreation

Library – walk: 12 minutes cycle: 4 minutes

Fox and Hounds Public House/ Restaurant – walk: 15 minutes cycle: 4 minutes

Thurston Rugby Club – walk: 2 minutes cycle: 1 minute

Transport

Thurston Railway Station – walk: 16 minutes cycle: 4 minutes

To create your own walking routes, visit **www.plotaroute.com/routeplanner** or **www.discoversuffolk.org.uk/map/**

For more information, visit our Travel Planning website
www.suffolkonboard.com/locallinks

To view and download for free the Bury St Edmunds cycle map and Stowmarket cycle map, visit
www.suffolkonboard.com/cycle





VOUCHER

Claim your **FREE** voucher

Your household is able to claim one voucher to the value of **£60** which can be redeemed against a bike or cycle equipment, local bus tickets or tickets for rail services from Thurston station.
Visit our website to fill out the form to redeem this

www.thewaytogosuffolk.org.uk/the-way-to-go-travel-packs/



If you are interested in receiving a personalised travel plan for your regular journey to work or school, email us at
thewaytogosuffolk@suffolk.gov.uk

SUFFOLK ON BOARD

There are many benefits when it comes to taking the bus. Not having the stress of driving in traffic during your daily commute, not having the upfront costs cars come with, meaning you can catch up on work, read, listen to music, or just relax without feeling the stress of rushing to get to your destination.

Taking the bus can also mean you may have to walk to and from the bus which can help towards leading a healthier lifestyle.

www.suffolkonboard.com provides an online journey planner which includes all other areas of travel, including, trains and walking times and distances between bus stops if necessary.

Easy to read timetables and help sheets to familiarise yourself on how to catch the bus are also available to freely download, as well as

- View details of upcoming changes to passenger transport services in Suffolk
- Search for a bus timetable by service number
- Find out more information on school term dates

To follow live updates from Suffolk on Board you can follow them on Twitter [@suffolkonboard](https://twitter.com/suffolkonboard)



Your local operators in Thurston

- Galloway European Coachlines Ltd – routes 384 Stowmarket to Bury St Edmunds via Beyton and 385 Stowmarket to Bury St Edmunds via Norton





KEY

-  College Park
-  Points of Interest
-  Train Station
-  Footpaths
-  National Cycle Route
-  Traffic-Free Cycle Route
-  Bus Routes
-  Bus Stops

SUFFOLK CAR SHARE

The Suffolk Car Share scheme is freely available to those in Suffolk who sign up as either a driver or passenger. Any journey whether it be to work, taking the children to school, visiting friends or a social trip can benefit from car sharing.

Sign up for **free** as a driver or passenger. You don't have to share every day and with petrol prices regularly fluctuating, it's as good a time as any to cut down your fuel bill.

Thousands of people who travel in and around Suffolk have joined the scheme and car sharing can save you time as well as many environmental benefits.



Sign up today www.suffolkcarshare.com

For further details, use the calculator on the website to see how much you could save. Once matched with someone travelling your way, you can message them either via the website or through the Liftshare app and start sharing as little or as often as you like.



CONNECTING COMMUNITIES

Connecting Communities is a transport service provided by Suffolk County Council designed to help people travel around the county of Suffolk who might not have access to a regular bus service.

Do you find it difficult to get to college, to the shops, medical appointments or to visit your friends and family in the county?

Suffolk County Council is working in partnership with Suffolk Community Transport Operators to bring you Connecting Communities. Visit the website to find out more at www.suffolkonboard.com and click the tab Connecting Communities at the top.



So, how do you use it?

1. **Call** your local area operator up to a week before you'd like to travel – they'll be able to answer any questions you might have.
2. **Book** your journey (visit the 'my area' page to request a journey via the online form)
3. **Travel** to your destination

How much will it cost?

Connecting Communities fares are based on average bus fare costs for journeys of the same or equivalent distance.

If you are aged between 16-19 years old, with a cashless Endeavour Card you can also get at least 25% discount off full price adult fares. Apply for your FREE Endeavour Card at www.endeavourcard.co.uk

greateranglia

Rail services are provided by the Greater Anglia franchise. Monday to Saturday, hourly services in each direction throughout the day to Stowmarket, Ipswich, Bury, St Edmunds and Cambridge. On Sundays and Bank Holidays there is a two-hourly service, but, there are alternate two-hourly services to Ipswich and Peterborough from Bury St Edmunds. There are also connections to London and Cambridge.

Cycle parking is currently provided at Thurston Train Station in the form of Sheffield stands.

At Thurston Station, pedestrians can cross over the railway tracks at the level crossing.

NetworkRail

Always expect trains at a level crossing

When you approach a level crossing you must stop, look and listen

Take time to read the signs and follow the instructions.

Only cross when you are sure no trains are coming.



**Stop, look and listen
at level crossings**

HOW TO USE YOUR LEVEL CROSSING SAFELY

Always expect trains at a level crossing.

When you approach the level crossing you must

- Take time to read the signs and follow the instructions.
- Stop, look and listen

The level crossing at Thurston has red and green lights to help you know when it is safe to cross the railway tracks.

When you see the red light, you must stop and wait. It means a train is approaching.

When you hear the alarm sound, you must stop and wait. It means a train is approaching.

Cross when you see the green light.

Please be patient. It may be tempting to cross when the light is red and the alarm is sounding. But these warnings are there to keep you safe.

If there are no lights showing, look both ways and cross when you are sure that no trains are coming.

Safety advice

- Cycle safely at level crossings. For your own safety, dismount and check both ways
- Please take care when using a level crossing whilst walking your dog. Even if your dog is fully trained, please keep it on a lead
- Being distracted at level crossings can kill. Stay alert. Remove your headphones. Put your mobile phone away.
- Help your children understand how to cross safely at level crossings. Take care when approaching a level crossing with your children. Keep them close to you.

**For rail and timetable information, please visit
www.greateranglia.co.uk**

TRY THE TRAIN

Are you ready to experience a transformed railway?

As a resident of College Park you're a short walk from Thurston station. Which means you can experience our new trains, great service and are just minutes from key destinations.

- **Bury St Edmunds in just 5 minutes**
- **Ipswich in 30 minutes**
- **Cambridge in 53 minutes**

Typical journey times

You'll find our tickets from Thurston offer great value and as a resident of College Park, you can claim vouchers* to the value of £60 which can be redeemed against daily or season tickets – meaning you'll have more to spend on your new home.

You can use your voucher to travel to all stations across our network except for London terminals, Stratford and Tottenham Hale if buying a daily ticket, and all stations across our network if buying a season ticket.

Say hello to new trains.

More space

So stylish and comfortable you'll feel right at home. Your improved carriages have more space, more seats, large windows and aircon. Perfect for a relaxing journey.

Greener

Train travel is a well-known sustainable way to travel, but your new trains have many environmental benefits. Their bi-mode engines can switch between diesel power and electric, making our network and your journey greener than ever.

Plug points and free Wi-Fi

Work, shop, play. Your new trains come with free Wi-Fi as standard** and have plugs and USB points under the seats.

*Offer limited to one per household. Terms apply.

** Free Wi-Fi subject to availability.

USEFUL WEBSITE LINKS

Walking and Cycling

- www.discoversuffolk.org.uk – find walking and cycling leisure routes in Suffolk
- www.hikideas.co.uk – if you want to plan your own routes. Especially if you want to avoid any major inclines whilst walking, as the track data will display distance, vertical gain and drops along your route.
- www.mostactivecounty.com/what-we-do/walking/ - find different walking activities for you and the family
- www.walkinginsuffolk.co.uk – find a local leisure walk you'll love
- www.plotaroute.com/routeplanner - Use this website to plan your own walking routes in Suffolk
- www.onelifesuffolk.co.uk – free health walks
- www.ramblers.org.uk – find walks from the Ramblers Association charity
- www.livingstreets.org.uk – the national walking charity, find out about Walk to Work week, Walk to School week and other events
- www.nhs.uk/change4life - find out how you could make a change to stay fit and healthy
- www.thewaytosuffolk.org.uk - for workplace and school travel plan guidance

- www.cyclestreets.net or www.openstreetmap.org – find the best cycle route to work
- www.bikeweek.org.uk – join in the Bike Week national challenge to get more people cycling to work
- www.thewaytosuffolk.org.uk - information on cycling in Suffolk, including FREE cycle maps available to download
- www.britishcycling.co.uk – what's hot in the world of cycling
- www.cycling.org.uk – the UK's largest national cycling membership organisation

Public Transport

- www.suffolkonboard.com – the guide to passenger transport in Suffolk for planning bus and rail journeys in the county
- www.suffolkonboard.com/buses/bus-information-straight-to-your-phone - receive bus timetable information straight to your phone by text
- www.greateranglia.co.uk – the main rail operator for Suffolk
- www.plusbus.info – to add an urban bus pass to your rail ticket
- www.nationalrail.co.uk – the definitive source of information for all passenger rail services
- www.travelline.info – timetables and journey planner for public transport

- www.nextbuses.co.uk – find the bus times for your local bus stop
- www.transportfocus.org.uk – an independent public body set up by the Government to protect the interests of public transport passengers
- www.suffolk.gov.uk/children-families-and-learning/schools/home-to-school-transport-and-travel-school-meals-uniforms-and-trips - home to school travel

Car Sharing

- www.suffolkcarshare.com – a FREE on-line car sharing scheme to help you find a car share partner
- www.liftshare.com/liftshareweek - a national event to encourage people to give car sharing a go

Other useful links

- www.suffolk.gov.uk/roads-and-transport - transport information from Suffolk County Council
- www.roadworks.org – details current and future roadworks in your area
- www.sustrans.org.uk – the leading UK charity for sustainable travel
- www.communities.suffolkonboard.com – for those who may not have access to a bus service

NOTES

[illegible]

If you need help to understand this information in another language please call **03456 066 067**.

Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo. 03456 066 067

Portuguese

Jeżeli potrzebujesz pomocy w zrozumieniu tych informacji w swoim języku zadzwoń na podany poniżej numer. 03456 066 067

Polish

এই লেখাটি যদি অন্য ভাষাতে বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন 03456 066 067

Bengali

Jeigu jums reikia šios informacijos kita kalba, paskambinkite 03456 066 067

Lithuanian

Dacă aveți nevoie de ajutor pentru a înțelege această informație într-o altă limbă, vă rugăm să telefonați la numărul 03456 066 067

Romanian

Если для того чтобы понять эту информацию Вам нужна помощь на другом языке, позвоните, пожалуйста, по телефону 03456 066 067

Russian

If you would like this information in another format, including audio or large print, please call **03456 066 067**.



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